



50 Weeks to a Greener Life

Earth Day, first observed in 1970, is turning 50 this year. Half a century of celebrating this incredible planet that's host to a vast array of habitats, climates and living creatures. What a milestone.

Why can't every day be Earth Day? Well, it can be! Each and every day there is an opportunity for us to celebrate the Earth and to take care of the place we call home.

But where to start? Don't be intimidated. Each person, no matter who they are, can do their part to take care of the environment. Our individual actions, when shared amongst families, friends and communities, can lead to significant change. But we have to start somewhere.

In honor of the 50th Earth Day, the following page is a printable 50 week challenge to help you live more sustainably. You can start this challenge anytime. Check off the box next to each week as you complete each challenge. Share your accomplishments, big or small, with us using [#baltimorewoodsnaturecenter](#).



**Baltimore Woods
Nature Center**
Nature in your hands

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Week 1 <input type="checkbox"/> Become familiar with or refresh your memory on recycling basics.	Week 2 <input type="checkbox"/> Set up online billing and opt out of mailing lists when possible. Recycle paper mail you receive.	Week 3 <input type="checkbox"/> Look for ocean-safe (reef-safe) sunscreen.	Week 4 <input type="checkbox"/> Join a community garden or build a garden in your backyard.	Week 5 <input type="checkbox"/> Make your own rain barrel for watering your plants or for cleaning outdoor items.
Week 6 <input type="checkbox"/> Carpool, walk or use public transportation once this week.	Week 7 <input type="checkbox"/> Support local farmers whenever and wherever possible.	Week 8 <input type="checkbox"/> Learn how to compost. Up your composting game by sharing your composting strategies on social media.	Week 9 <input type="checkbox"/> Check your hygiene product and food labels. Try to avoid products with palm oil.	Week 10 <input type="checkbox"/> Inventory the items you use everyday. Are there alternatives with less or no packaging you could use?
Week 11 <input type="checkbox"/> Take a break from your phone for at least one hour. Use this time to go outside.	Week 12 <input type="checkbox"/> Avoid excess packaging by purchasing in bulk and finding package free alternatives such as bar soap instead of liquid soap.	Week 13 <input type="checkbox"/> Swap your plastic toothbrush for a bamboo or recycled plastic version. Use alternative tooth floss such as silk or corn silk tooth floss.	Week 14 <input type="checkbox"/> DIY your self-care routine. Create skincare products, like face masks, out of items found in your pantry.	Week 15 <input type="checkbox"/> Learn sewing basics so you can mend, re-attach a button or repair a seam to extend the life of your clothing.
Week 16 <input type="checkbox"/> Get outside at least one day this week. Look for surprises.	Week 17 <input type="checkbox"/> On a walk with Fido? Pick up after your pet with biodegradable bags.	Week 18 <input type="checkbox"/> Responsibly recycle your batteries and electronics.	Week 19 <input type="checkbox"/> Make your own, or purchase, reusable produce bags.	Week 20 <input type="checkbox"/> Reduce food waste and make stale bread into breadcrumbs or croutons.
Week 21 <input type="checkbox"/> Know your labels. Research what labels such as “organic” and “fair trade” mean.	Week 22 <input type="checkbox"/> Buy used clothing, furniture, and décor when you’re in need of something “new.”	Week 23 <input type="checkbox"/> Donate or repair your old items instead of throwing them away.	Week 24 <input type="checkbox"/> Volunteer at your local nature center. Bring a friend or family member along, too.	Week 25 <input type="checkbox"/> Take a moment to learn about an environmental activist. Share what you learned on social media.
Week 26 <input type="checkbox"/> Eat meat? Try going meatless one day this week.	Week 27 <input type="checkbox"/> Use reusable containers and wraps for leftovers and snacks.	Week 28 <input type="checkbox"/> Practice the five R’s: Refuse, Reduce, Reuse, Recycle, Repurpose.	Week 29 <input type="checkbox"/> Vocalize your support for local green initiatives.	Week 30 <input type="checkbox"/> Star gaze at least one night this week.
Week 31 <input type="checkbox"/> Count the number of plastic items you use this week.	Week 32 <input type="checkbox"/> Think ahead. Meal plan to minimize food waste.	Week 33 <input type="checkbox"/> Bring your own container to restaurants for leftovers.	Week 34 <input type="checkbox"/> Purchase loose leaf tea and use a reusable diffuser.	Week 35 <input type="checkbox"/> Wrap presents in recyclable and upcycled paper.
Week 36 <input type="checkbox"/> Gift an experience instead of an item. For example, go on a hike together or go to the movies.	Week 37 <input type="checkbox"/> Bring your own reusable utensils to work.	Week 38 <input type="checkbox"/> Read up on one endangered animal species this week. Share what you learned with friends and family.	Week 39 <input type="checkbox"/> Plastic straws? No thanks! Use your own reusable straws and avoid using plastic whenever possible.	Week 40 <input type="checkbox"/> Pulled into a parking lot and waiting? Turn your car engine off instead of letting it idle.
Week 41 <input type="checkbox"/> Install LED light bulbs in your home.	Week 42 <input type="checkbox"/> Cut shower time down by at least two minutes.	Week 43 <input type="checkbox"/> Turn the thermostat down by 2 degrees.	Week 44 <input type="checkbox"/> Start reading a book about the environment.	Week 45 <input type="checkbox"/> Learn five things about environmental equity.
Week 46 <input type="checkbox"/> Try making, borrowing or renting an item instead of purchasing it.	Week 47 <input type="checkbox"/> Put a reusable mug in your car for when you want a coffee or tea while out.	Week 48 <input type="checkbox"/> Wash natural fiber textiles and clothing in cold water.	Week 49 <input type="checkbox"/> Landscape with native plants.	Week 50 <input type="checkbox"/> Spread the word! Share your sustainability goals with friends.